

MARLEY SPOON



Beef Noodle Soup with Bok Choy

& Gingerly Broth



20-30min



2 Servings

Thin and bouncy egg noodles have the perfect texture for slurping up this warm and filling bowl. A rich gingery broth with tender beef and crunchy bok choy deliver all the satisfying flavor you need come dinnertime.

What we send

- 2 (2½ oz) Chinese egg noodles ^{1,2}
- 1 piece fresh ginger
- garlic
- 2 scallions
- ½ lb baby bok choy
- 2 pkts chicken broth concentrate
- 2 (½ oz) tamari soy sauce ³
- 10 oz pkg grass-fed ground beef
- ¼ oz shichimi togarashi ⁴

What you need

- kosher salt & ground pepper
- 1 large egg ¹
- neutral oil
- sugar

Tools

- medium saucepan
- medium nonstick skillet

Allergens

Egg (1), Wheat (2), Soy (3), Sesame (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 23g, Carbs 67g, Protein 38g



1. Cook egg

Fill a medium saucepan with **water**. Bring to a boil. Use a slotted spoon to carefully add **1 large egg** (water should cover egg by a ½ inch). Simmer over medium heat, 6 minutes. Use slotted spoon to transfer egg to a bowl of ice water. Once cool, peel and set aside.



4. Make broth

In reserved saucepan, combine **all of the broth concentrate, sliced ginger, 1 tablespoon tamari, and 4 cups water**. Bring to a boil. Season to taste with **salt and pepper**, then remove from heat.



2. Cook noodles

Return same saucepan with **water** to a boil. Add **noodles** and cook, stirring to prevent clumping, until al dente, 4-5 minutes. Drain and reserve saucepan for step 4.



5. Cook beef

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **beef and a pinch each of salt and pepper**. Cook, breaking up meat, until well browned and cooked through, about 5 minutes. Add **chopped garlic and ginger and scallion whites**; cook, stirring, 1 minute. Add **1 tablespoon sugar and remaining tamari**. Cook until liquid is sticky and reduced, 1-2 minutes.



3. Prep ingredients

Meanwhile, peel and finely chop **half of the ginger**; thinly slice remaining ginger. Finely chop **1 teaspoon garlic**.

Trim **scallions**, then thinly slice, keeping dark greens separate. Halve **bok choy** lengthwise, then cut crosswise into ½-inch wide ribbons.



6. Finish & serve

Return **broth** to a simmer, then add **bok choy**. Immediately remove from heat. Transfer **noodles** to bowls and ladle broth over top. Halve **egg** lengthwise.

Serve **noodles** topped with **beef, scallion dark greens, egg, and some of the shichimi togarashi** (use according to heat preference). Enjoy!